

VARIANT

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 high knees



20 jumping jacks



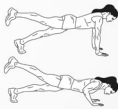
20 knee-to-elbow



20 climbers



20 alt arm / leg raises



max raised leg push-ups



20 punches